

The Intern Survival Guide: Facilitating the Transition to Residency

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BACKGROUND

- Difficulties are often experienced in the transition from medical school to residency^{1,2}; the Intern Survival Guide (ISG) was developed for SHS Family Medicine residents to facilitate this shift.
- Initially introduced to the Family Medicine intern class in the summer of 2019, the ISG was designed as a comprehensive guide for first-year residents with specific details regarding important information for rotations.³
- The guide began as notes compiled by the first-year Family Medicine residents during the 2018-2019 academic year (AY) and is intended to be a "living document." Each first-year class will have the opportunity to make edits to the document to help improve transitions for the incoming class.
- This version of the ISG represents the second edition of the guide and was edited for the first-year class for the 2020-2021 AY.

OBJECTIVES

- To determine if updates to the first edition of the ISG improved resident feeling of preparedness for new rotations during their first year of residency.

METHODS

- The ISG from the 2019-2020 AY was reviewed and updated by section. This included information specific to each rotation as well as resources to be accessed and utilized across multiple rotations.
- At the start of 2020-2021 AY, a survey was distributed to the intern class concerning their perceived preparedness for the upcoming rotations. The ISG was presented to and reviewed with the class.
- Near the end of the AY, the same survey was administered to assess for preparedness after having utilized the ISG.

RESULTS

Figure 1. Percent of Residents Feeling Somewhat or Completely Prepared for Each Rotation in Academic Year 2020-2021

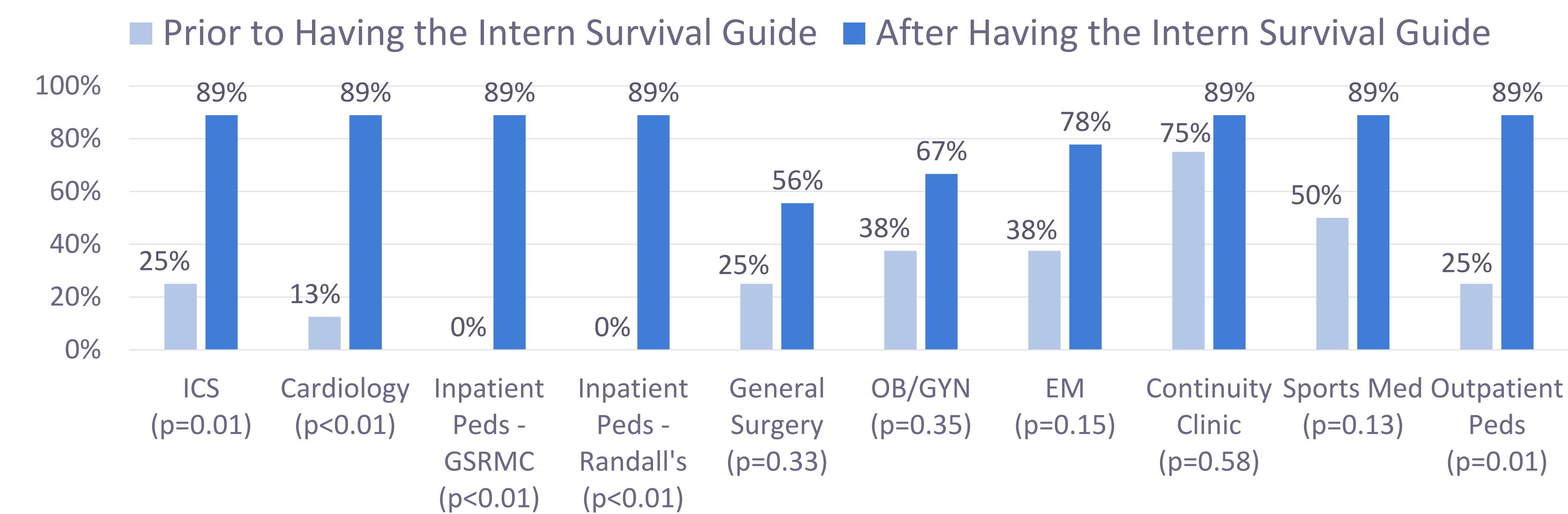


Figure 2. What resources did residents use to find logistical information on rotations during Academic Year 2020-2021?

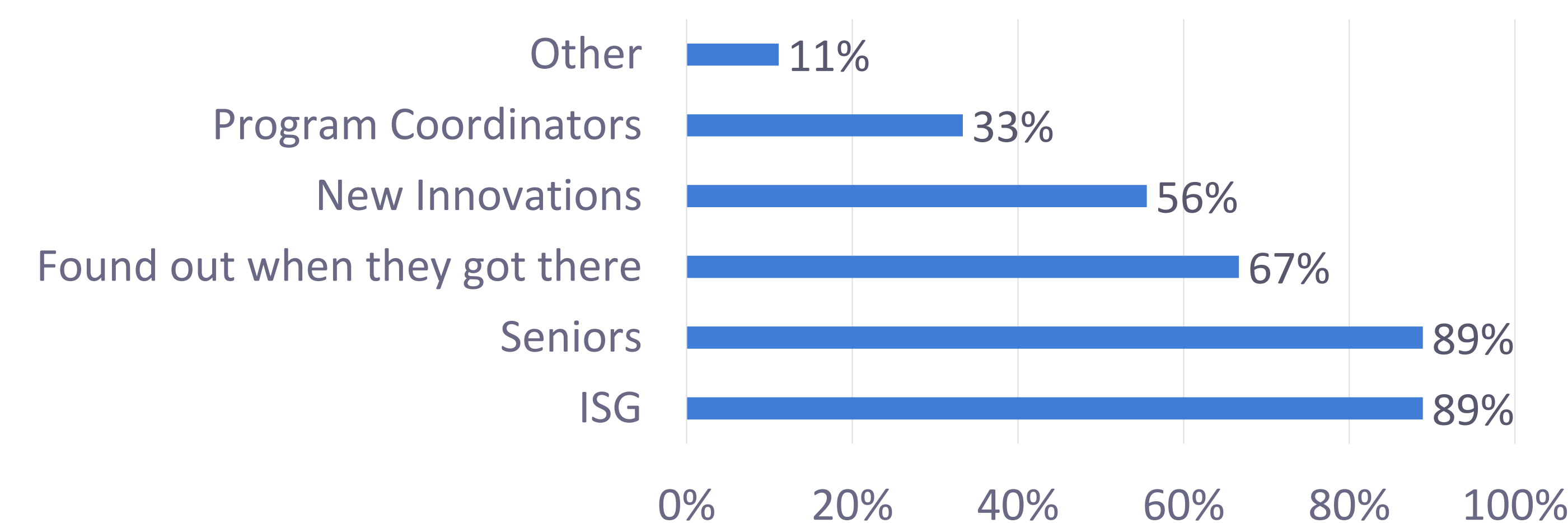


Figure 3. Percent of Residents with Access to the Intern Survival Guide Who Felt They Could Always Easily Find Information About Upcoming Rotations

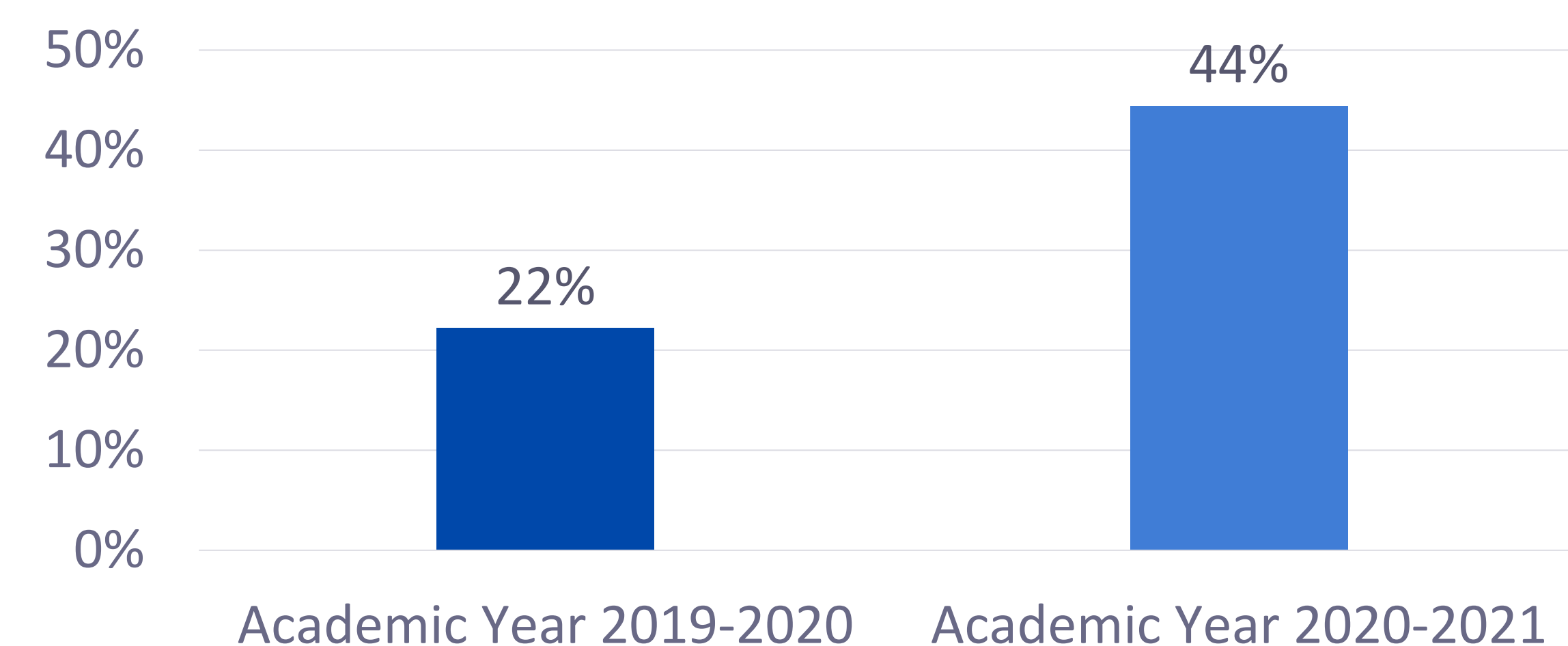
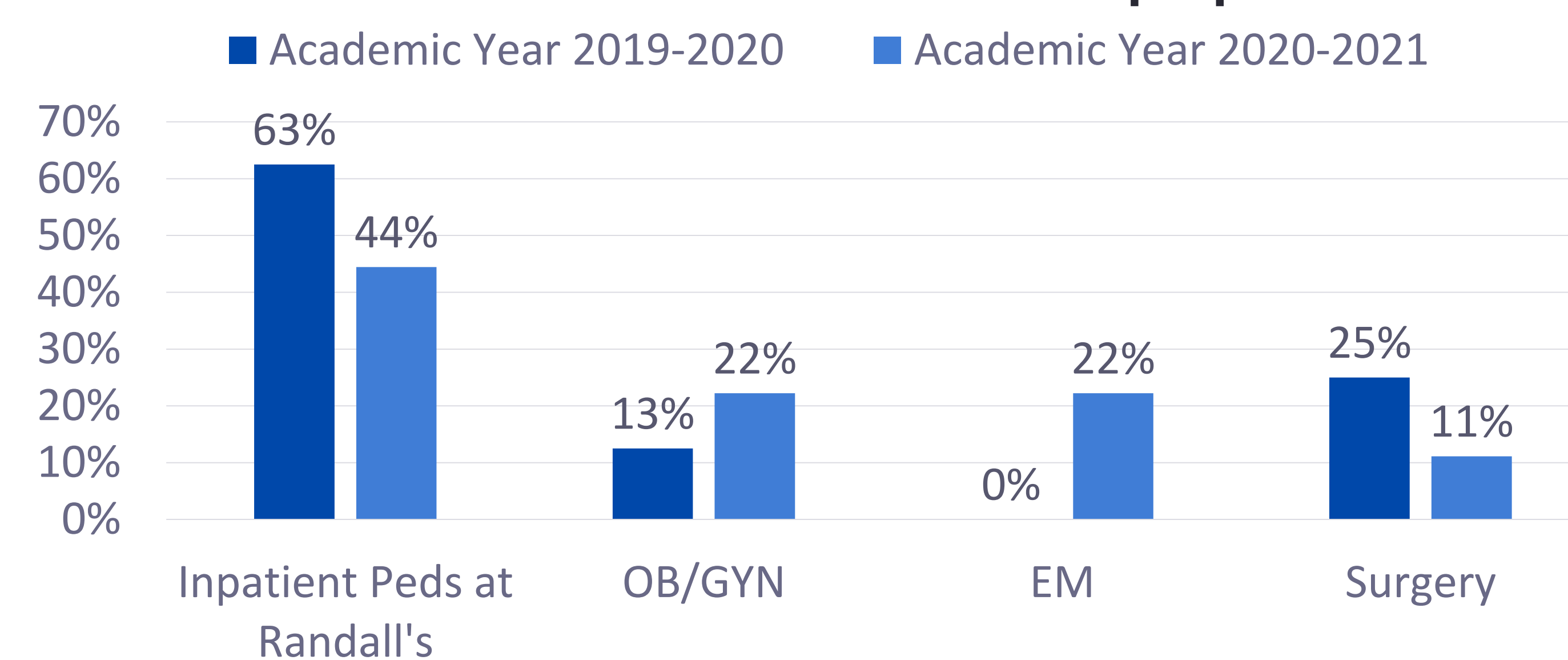


Figure 4. Which rotation did residents feel least prepared for?



DISCUSSION

- There was statistically significant improvement in preparedness after utilizing the ISG for rotations in inpatient medicine (ICS), Cardiology, both Inpatient Pediatrics rotations, and Outpatient Pediatrics.
- The percentage of residents who felt they could always easily find information about upcoming rotations doubled in comparison to the 2019-2020 AY, but this was not found to be statistically significant (p=0.62).
- Overall, the first-year class reported high utilization of the ISG and increased preparedness after utilizing the ISG.

FUTURE IMPLICATIONS

- Given mixed responses with respect to the utility of the ISG for General Surgery, OB/GYN, and EM, further versions should look for the specific difficulties that were not adequately addressed.
- Of note, COVID-related updates to rotations were not established at the time of the creation of the second edition of the ISG.
- Information concerning wellness and general resources were added to the second edition of the ISG but ultimately not evaluated on the distributed survey.
- EMR comfort and navigation may affect feelings of preparedness; this could be addressed in future versions.

REFERENCES

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